



"Enjoy your life in the [Earth Life] System, maximize your highs and lows - but don't become addicted."

- Robert A. Monroe
from *Ultimate Journey*

OBEs Then and Now

FROM THE DIRECTOR'S CHAIR

One of my strongest OBE memories is of "flying" with Bob and my mother, Nancy Penn, as Bob led us on an exuberant joyride....

Given what Monroe Institute program participants are saying, the desire to have an OBE is as popular now as it was forty-three years ago when Bob Monroe's first book, *Journeys Out of the Body*, was published. In fact, attaining the out-of-body state may be a more popular aspiration than ever now that "out-of-body experience" is a mainstream expression. Thank you, Charles "Charley" Tart, for helping to popularize the term!

Despite being famously known for his OBEs, Bob did not focus solely on teaching the out-of-body process. He didn't want to imply that exploring consciousness was reliant on the OBE. To Bob, OBEs were a means to an end—a personal gateway into the realms of consciousness exploration....

Today, TMI programs continue to focus on providing tools to achieve, explore and use diverse and profound levels of consciousness....For those interested in specifically learning techniques to achieve the out-of-body state, we have William Buhlman's *Out of Body Intensive* program. Through Bill's books and the Intensive, he gives people unique tools to achieve OBEs and to expand perceptual capabilities far beyond physical limits....

[More...](#)



Nancy H. McMoneagle
Executive Director, President

The key to initiating OBEs is creating a realistic plan of action and then following through.

William is the author of *Adventures Beyond the Body*, *Secret of the Soul*, and the recently published, *Adventures in the Afterlife*. He conducts a highly popular in-depth six-day workshop titled, *Out-of-Body Exploration Intensive at The Monroe Institute*.

Over the past two decades he has developed an effective system to experience safe, self-initiated out-of-body adventures....Through lectures, workshops, and his books the author teaches the preparation and techniques of astral projection and spiritual exploration.



William Buhlman

Looking back to my first efforts to self-initiate my first conscious out-of-body experience I remember that it took me 24 days of dedicated practice before I had my first OBE. It's clear that our preparation and daily practice are critically important because it conditions our mind to accept our unlimited potential for exploration beyond the physical body....

[Tips, techniques, and more...](#)

VIDEO

Binaural Beat Spiritual Music and Neonatal ICU

at the 2014 TMI Professional Seminar

Care of infants who are born as early as 24 weeks is delicate and challenging. This project has taken the antebellum Negro Spiritual (a group of about 6000 works) and combined binaural beat techniques to support the brain health and development of our most vulnerable babies.

Melinda H. Connor, DD, PhD, AMP, FAM has trained as a clinical psychologist, neuropsychologist, drama therapist, and in a variety of integrative techniques.

Sallyanne Payton, JD, is William W. Cook Professor of Law, Michigan Law School.



Binaural Beat Spiritual Music and NICU - Connor, Payton at 2014 Professional Seminar

Welcome to 3 New Board Members

The Monroe Institute's Board of Directors is a hard working, dedicated, hands-on group. We are pleased and gratified to welcome three new members, generously contributing their expertise and energy.



Linda Connolly
Human Resources



Rolf Nuyt
Marketing



Fred Rible
Finance

Author! Author!

2 TMI Family Members "Get It Out There" in Print. Way to Go, Guys!

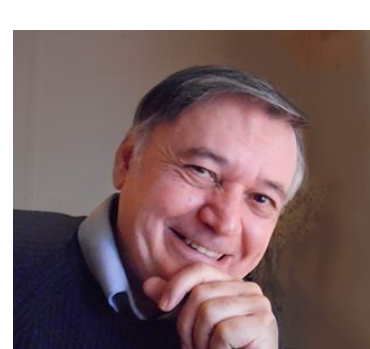
Science & Spirit, "Use 'Liquid Luck' Validate the Reality of Spirit"

by Joseph Gallenberger

A TMI trainer and psychologist explains how to create in your mind's eye an energy potion that you can drink any time for an exceptionally luck-filled and fulfilling day.

New Dawn Magazine, "Robert Monroe & the Science of Astral Travel"

by Frank DeMarco



Frank DeMarco introduces us to the amazing life & work of the man who went beyond the limits of the physical world to pioneer the "out-of-body" experience.



CONTEST

Caption This Cartoon

Win \$200!

Doodle master and Metatoon-ist Mike George submitted this to amuse and inspire us. Get those neural pathways humming! How would you caption this cartoon?



The winner will receive \$200 off of a Gateway Village residential program at TMI. Only one discount may be applied. Expires July 1, 2015. Entries must be received by July 31, 2014. Send to newsletter@monroeinstitute.org. In case of a tie the first received wins.

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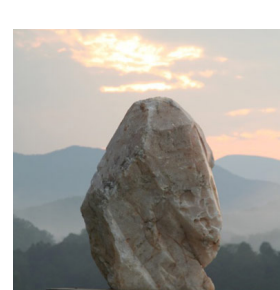
[Buhlman Speaks Well of TMI - Video](#)

[CD Sale - Get Them While They Last!](#)

[Most Infamous OBE Study Ever Done](#)

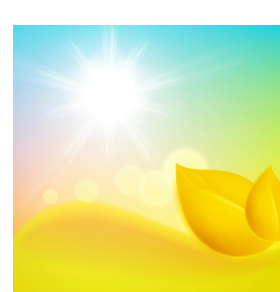
2 NEW Programs to Regenerate the Body-Mind!

We are Delighted to Introduce to You 2 Powerful Weekend Workshops



Medical Intuition and Symbolic Diseases

Our bodies speak to us constantly and have much to teach us, if we can learn to listen by using Medical Intuition.



Rejuvenate!

We influence the way we will or will not age by changing the way we think. In this rejuvenating weekend, enjoy the benefits of a consciousness spa!

Enjoy the Ultimate Summer Holiday

A Vacation with a Purpose

Let our magical hospitality staff love and pamper you while you acquire powerful tools for exploring your multidimensional consciousness.



Relax deeply into your true unlimited nature. Savor the unparalleled rural beauty of the Blue Ridge Mountains.

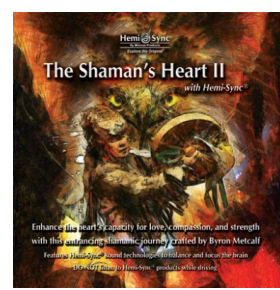
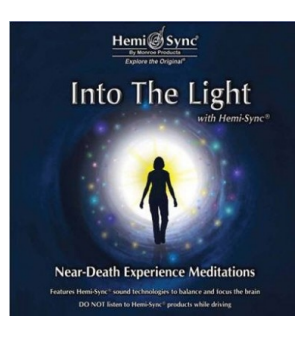
[Choose your Summer TMI Program HERE.](#)

NEW CDs!

HEMI-SYNC®

[Into the Light](#)

Four expertly crafted guided exercises to give you a sense of what a near-death experience is like. By Scott Taylor



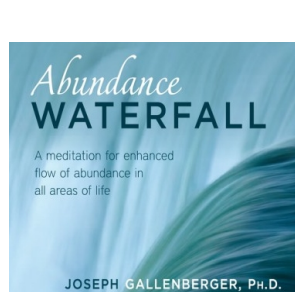
[Shaman's Heart II](#)

Potent shamanic journey. Make full contact with heart, your inner wisdom, and your non-physical helpers and guides. By Byron Metcalf with Steve Roach

NON-HEMI-SYNC®

[Abundance Waterfall](#)

A meditation for enhanced flow of abundance in all areas of life. By Joseph Gallenberger



Local Chapter Network

"volunteering our time to help you connect"

The LCN is a global organization, supporting those who have attended TMI programs and introducing those new to the work of Bob Monroe and TMI to the tools for exploring and expanding consciousness.

The LCN offers the opportunity to "dip a toe into the water" for little or no cost and minimal time. For those who may not see themselves attending a program at TMI, the LCN provides exposure to a group of like-minded people, ideas, and the Hemi-Sync® and SAM technologies.

The LCN Leadership Council thanks everyone from around the world for their time and continued dedication. Without you we would not exist.

[Download the latest LCN Newsletter](#)

[Form a new Local Chapter](#)

Or for inquiries contact the

[LCN Leadership Council](#)



Thank You, Bill, for Your Words of Support!



William Buhlman on The Monroe Institute

Discontinued CDs On Sale!



Order These Titles Online:

- [Contemplation](#)
- [Nutricia](#)
- [PMS](#)

Order These Titles by Phone or Email:

- Hemi-Sync Relaxation (verbally guided)
- Portraits (MetaMusic)
- Unicorn Named Georgia (verbally guided kids)

\$15.96 Each While They Last

[store@monroeinstitute.org](http://store.monroeinstitute.org)
434-361-1500

If you're interested in TMI, you'll love this!

HUB Highlights

- [Amplihedron: Mind Boggling Jewel at the Heart of Quantum Physics](#)
- [A study Dr. Charles Tart published may be the most infamous OBE study ever done.](#)
- [10 Scientific Studies That Prove Consciousness Can Alter Our Physical Material World](#)

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Adventures in Consciousness

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[Visit our Online Store 24 Hours a Day.](#)
Office Hours: Monday through Friday,
9:00 am - 5:00 pm

[Our program schedule.](#)

